Recipe Success

"Then shouldst ear to live not live to ear." Socrotis

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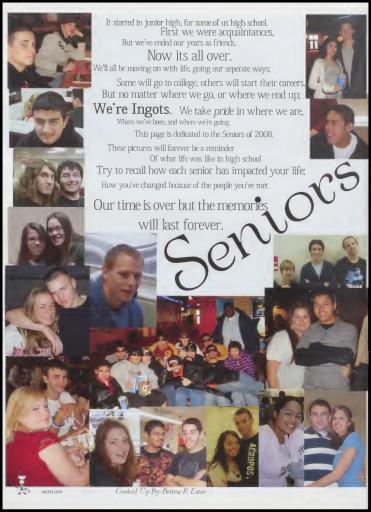


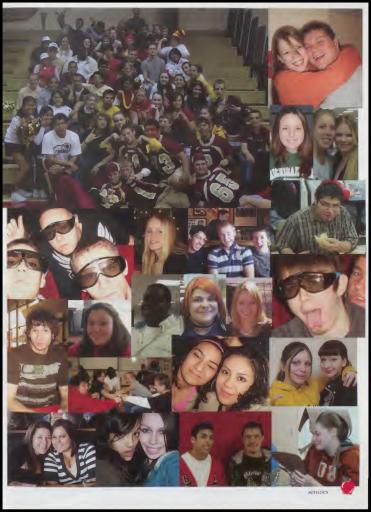


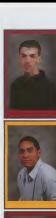
2008 Ingot Yearbook River Forest High School 3300 Indiana Street Hobart, IN 46342 Volume 48



It's time to set the table for a new year. With a completely remodeled River Forest High School, and a reenergized faculty, this is a year that won't be easy to forget. Getting comfortable and adjusted in a new school takes time and much patience, but students here at River Forest quickly saw the positive aspects of our new facilities. With graduation looming not so far in the future, the year began to take on a different feeling. This being their final year, seniors realized they needed to start planning for the future ahead of them. Seniors began to take on a role of responsibility as mentor meetings started and freshmen came for advice. Freshmen came into high school not knowing what to expect, trying to start their high school career off on the right foot. Sophomores already have a taste of high school but are still adjusting to all of the new changes. Craving to finish off this year with a clean plate and move on to the final portion of their high school careers, juniors worked hard to pass both semesters. This yearbook was created for the Ingots of River Forest High School and will serve as a reminder of what our school really tastes like.







Joshua Allen 'Ables Footsil 1.3: Track 1.234: Band 1.234



Riana Suzette Avocho displad 12.34; Trans (Conf. 4, Choir 1, Spanish do 12.34



Jessica Marie Bandy wiing 2,3.4; Hanor Socie 3.4; French Club 1,2,3.4





Tevesa Maria.
Bravo
Volleyhall 1,2,34: Tennis
2,3,4: Dance 4: Yearbook 4:
Studen Council 4: Homecoming Court 3,4: Spanish Club
1,2,3















Ashley
Cooven
bronkeding: __X Track
_3.4: Spell Bowl 3.4: Their
It Dearm Chib > Spanish
an 1.2.3



Crownover
Tolkeyball 1; Tennts 1; Band
French Club 1,2,3



Cory Michael Davis wang 1 land 1234, ma 030 l 10mch





Megan Davitian thill 2. Choir 1.34: Span-Club 1.2.3



Joshua Lee
Dawson.
Football 1,2,4; Basketball 2,3





















Clarice Farjardo







James Richard Freund 3.4: Band 1.2.3.4: Yearbook

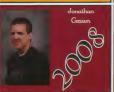


Michelle Garcia





James Gasaway



Nakita Marie Green











Mikendra Jones



Kionee
Voleyhall 1,2,3,4; Cross Comtry 1,2; Dane 3,4; Sciftell
2,3,4; Track 1,2; Spell Bowl
1; Super Bowl 1,2; Horor
Sciety 2,3,4; Bard 1,2; Choil
2,3; Newspaper 2,3; Student
Council 1,2,3; Homecoming
Court 4; French Club 2,3,4

Amanda Rae



Brittany Kai Law



Karina Lingner Volleytall 4: Tennis 4: Prench Club 4: Foreign Exchange 4



olason Lopez



Manuel Modesto Maldonado Beseball 2,3,4; Spanish Club 1,2,3



Myka Allen Mc Clelland







Sava Marie Mendez Mack 1.34: Choir 1: Sto dent Council 4: Trama Oub J. Hornecoming Level 4: hornet Gub 1.2.3.4



Variesea Mendoza Choir 3: Student Council 1; Spanish Club 1,2,3,4: Wood Shop 1,2,3,4



Rafael Angel Ochoa Track 2: Band 1.2,3,4: Spangh Gub 1.2,3



Nathan Scott Packer Football 1,2,3; Baskethall 1,2,3,4; Basehall 1,2,3,4; Track 1,2; Honor Society 2,3,4; Band 1; French Club 1,2,3,4



Britney Nicole Podenski koong 3 Bart 1,234 Tan 1



Dustin Kenneth Peksenak

Nancy Renterio



Ashley Nicole Richardson Volleyball 1,2 Bowling 2,3,4 Softball 1,24 Honor Society 2,3,4: Newspaper 1,2,3,4 Student Gourell 2,3 French Onle 1,2,3



Dennis Michael
Richter
Ottall 14: Wrestling 3.4
Schall 11 from Society 3.4.
Went Council 4



Tava Robinson 1.23,4



dose Rivera



doseph Nathan Schlitz



Spencer



Brandon Michael Stack Tennis 1.2.34: Baskethil 1.2.34; Golf 3: Honor Society 2.3.4



dames Harvey
Tyler Stover



Ashley Thews Bowling 3: Softball 1: Track 1,2,3,4; French Club 4









Amanda Nicole Walsdorf Ile bill 1, 3: Band 1: Yearik 3,4; Student Council 3; rnch Club 1,2,3,4

Scrumptious Senior Superlatives



Worst Driver Myka McClelland & Amanda Walsdorf



Best Dressed
Zach Dreams
&
Vanessa Cantu





Best Eyes Josh Dawson & Jessica Bandy





Most Talkative
Jon Bojorquez
&
Britne Ester



Class Whiners
Nathan Parker
&
Chelsea DeMond

Most Likely to Be Seen Laughing Robert Carcia & Nakita Green



Best Hair Ron Delhaye & Nancy Renteria



Shortest James Freund & Amanda Walsdorf



Best Smile Mike Richter Britne Ester



Most Athletic Brandon Stack & Amanda Kisner



Class Flirts James Gasaway Sara Mendez





Class Clowns Robert Garcia Brittany Law





Most Photogenic Mike Richter Britne Ester



Biggest Gossip James Esteph Amanda Walsdorf

Most Likely to Become Famous James Stover Gabrielle Medina



Class Couple Brandon Stack Teresa Bravo



A Second Helping

of Superlatives



Life of the Party
Mike Richter
&
Britne Ester



Biggest Ditz Josh Ables & Britney Podenski





Best Sense of Humor Robert Garcia & Brittany Law



TY

Loudest Nathan Parker & Illiana Arocho



Most Creative
James Gasaway
&
Gabby Medina



Most Outgoing Robert Garcia & Britne Ester





Most Dramatic



Most Likely to Become President & Britne Ester



Hallway Patrol Brandon Stack & Britne Ester

Class Quietest & Desiree Christian

Best Car Vanessa Mendoza



8 Gabby Medina



Teacher's Pets Ashley Richardson



Worst Car 8, Ashley Craven

Garrison Dixon 8, Kristin Crownover



Most Likely Juan Ceja 8 Britne Ester



Graduation

2008

Graduation '08 took place on June 5, 2008 at 7:30 p.m. in the high school gym. The seniors spent all week practicing for that day and having fun for it was their senior week. All four of their years led up to that one extravagant day: graduation. Many tears were shed at graduation, not just by the seniors but by the guests and families of the seniors. The ceremony went according to plan and there were no mishaps to delay graduation. A few speeches were given, one by a former River Forest student. Mr. Kevin Trezak. Mr. Trezak's speech was entitled "What Will You Be Saying 50 Years from Now?". The seniors began looking toward their future as his speech went on. Mr. Jason Quigg did roll call, and as each senior was called, they walked across the stage with their head held high, proud of all that they have accomplished over the years and proud that they have finally made it. For some, they can now go on to college. Others may think that graduation was the end, but to most seniors, graduation wasn't the end, it was just the beginning.



Covery Davis reflect on what their salutatorian to her classmates and to the rest of the guests Margort McCrookey says as she delivers her at graduation Chelsea kept her speech short, speech. Her speech reflected upon the high but her words left a lasting impression on all school, including the tragedies the senior class that attended the graduation.



Seniors James Stover, Ronald Delhaye and Valedictorian Chelsea DeMond gives her speech



The caps come off as the seniors leave their graduation to able to move on in their lives. Tours and hugs were shared.



As their class song is placed, seniors join together one law



The senior officers and class president load the seniors in the changing of the tassle, officially mak-



Valedictorian Chelsea Jo DeMond





Salutatorian Margaret McCroskey















10. Brandon Stack

















top 10/graduation



The Class of 2008

Class Song: Senior Medley
Class Flower: Slargazer Lily
Class Motto: "The greal essentials
to happiess in life are something to do,
something to love, and something to
hope for."

Class Colors: Black & Silver









Cooked Up By: Britne Ester

A recipe for academic achievement



Ingredients:

- determination
- fositive attitude
 - strong will
 - dedication
 - is hard work

Mix ingredients together and simmer in high school for four years. Once well-educated, add a graduation cap for a finishing touch.

Guaca "mole" y Pi

The mathematics and science departments were realise cooking up this yearl Mr. Jack Burton, head of the mathematics department, was especially excited for the new rehool year. He hoped to be able to prepare his students for life after school and a successful one at that! Mr. Burton hopplity taught geometry and algebra II this year. Second year mathematics teacher Mr. Anthony Duron hoped his undents would come to class prepared and ready to learn. His goal for the year was for his students to set high individual yeals and succeed to the best of their abilities, both in class and outside of it. Mr. Duron taught practical mathematics. Mr. Rusty Copeland, in his third year teaching, mathematics, aid. I' was excited to finally have an AP calculus class where such student was capable of pessing the AP test at the end of year." He also taught algebra L triginometry, and pre-claculus His main goal for all of his students was to help them, understand how to apply mathematics to real world.

situations and problems, a subject many students are Rive-Forcis struggle with. Retiring this year, Mr. All Detterline hoped to help continue teaching his students many iderestistic transport of service at River Forest has been greatly appreciated both by students and staff. River Forest also welcomed two new teachers this year into its science department, Mr. David Paupp and Ms. LuAnn Forste. Mr. Paupp embacked upon his first teaching assignment here at River Forest, teaching biology. Ms. Forste was thrilled to finally be able to teach her own class after getting to experience student teaching at River Forest last year. She had the opportunity to teach chemistry, biology, and biology II. Returning third year teacher Mr. Michael Slys wanted his students to learn about matter the 'stuff' of the universe and to work hard and have fun in his classes. He helped out the science department by teaching both chemistry and AP chemistry.

ANGELI & AIRWAVES

Student Specials

- Senior Garrison Dixon had many positive things to say about his AP Chemistry class It's a difficult but also rewarding experience.
- 2 Melanie Bruce, junior, said, "Algebra II is difficult for me, but it is getting better."
- 3. Sophomore Jordan Lewis stated that, "Chemistry is difficult but easy to learn."
- 4. Tyler Hanson, freshman, said
 "Math will improve my knowledge
 for the future."







Machinel Styre, and selecting a major control of MVI and the The particle of MVI and the property of the prope

An Jock Pueton of his householder, if an internal to the process of a contract of the contract

The man Millorn Solic reasons when there the Community of parties are in the males and the configuration of Derma Colorina and the Management of Colorina and the Colorina and the Colorina and Colorina





Sauce (Mop) Ingredi

Directions: ...







The English Eatery (ingest your education)

Each of the educators in the Language Arts of literature and to teach students how to effectively express themselves through correct speech and writing, Mrs. Sandra Mihalik, the head of the Language Arts Department, and Ms. Francie Blaney, a teacher at River Forest for the last 14 years, used methods such as the Criterion online writing program to help students become better writers and to help hem understand the finer points of critiquing and producing masterpiece. The senior class read British literature such as Browulf, and were also given the opportunity to see the epic very in its 3-D movie form at the Portage 16 IMAX theatre. The senior English class also spent a good deal of time reading aloud Shakespeare's Macbeth, and learning more about Shakespeare himself. Juniors read American classics such as To Kill A Mockingbird, Of Mice and Men, and The Scarlet etter. Sophomore students had to make a few changes in the middle of the first senester when their original teacher Mrs. Heather Barkauskus became the school's new medis specialist. Students welcomed the arrival of their new teacher. Mrs. Patty Sparks, and quickly adjusted in order to resumble reademic studies and activities. Students in the specific desers were able to use the new projectors available in each classroom to produce slideshows for their various speches. Mr. Ricky Baron's yearbook and newspaper classes were held in the school's newly constructed publications room where the students in both journalism classes worked very hard to finish their spreads and articles by the set deadlines. The staff of each class was required to do things like take pictures, send out questionnaires, and use their creativity. Over all, the school year of 2007-2008 was a successful evereachers helped students and students helped fellow students to develop their reading and writing skills to an advanced level to develop their reading and writing skills to an advanced level



1. Dylan McPhew freshman, follows along in his textbook to a exceeding of Rome and Juliet. The freshman class experienced their first encounter with Shakespear treasures.

Sophomore **Sieva Exars** gives a speech about becoming a massage therapist. Each student in the speech class had to make a presentation about their dream

Freshman Ashley Espinoza helps freshman Susan Sebse understand Shaker spaces difficult weiting in tambse personnete: The freshman studied a castety of tuthous from early British literature to more contemporary reading selections. Palos Goja on Ron Dibnya, serices and Art 70 Mar Reh eland during close to specifying the part of the sended carpain, and Publo was acting the part of the secunded captain, and Publo was acting the part







Salmon With Mustard Claze

For the Salmon: 6 pieces of salmon fillets with skin of 1 tid. office oil or melted butter salt and black persor

sult and black papper

For the Glaze: 4 tqs. tounted yellow mustand steels

3/4 cup mayeemsiss

1/3 cup gminy resotaed 3 sbl. chopped fresh diff 2 top. brown sugar (option

Cooking Directions:

1. Check for and remove any bones in solmon.

2. Ringe uniman under cold remains water and blot dre

Rines believe under cold remaing water and blot dry.
 Brush skin side of fish with oil and both sides with salt and both salt and both sides with salt and both sides with salt and both salt a

papper.

d. Prepare glaze: Whisk together 2 tap, mestard sacts, managed, dill, and brown sugar (if using). Add sale and papper.

What ready to cook, brush oil on the grill greet.
 Spoon the gives evenly over the tops of the fish pinear an sprinkle with the remaining mastered seeds.



A Taste Of Culture (diversity in every dish)

Here at River Forest students can choose to take one of two world language classes. French or Spanish. Monsieur Baron is the French teacher and Senora Gil is the Spanish cocher. Both teachers try to bring a little more than just the language into the classroom, showing students the different espects of France and Spain. For the French classes, Mr. Baron has his classes do a variety of activities, such as the ver-farnous Baan Garne, a game where you have to speak French all throughout the class hour. It's a fun game, yet it's hallenging, especially for the students in French I since they are limited by what they know. The Spanish classes ockbrate spanish/Mexican festivals, such as Cinco de Mayo and The Day of the Dead. Both French and Spanish classes play a form of BINCO with the chapters' weabulary. French classes II, III and IV, along with Spanish class. II, III and IV, are able to go on a field trip to the Science and Industry Museum in Chicago for the Christmas Tress Around The World display.

Various projects are given to the classes. Sometimes Mr. Barron or Mrs. Gil has a student and/or studen is present their projects in front of the class. This was a great overcise bearasis is showed the teacher how much each student learned whill studying a language. The students translate articles, lefters and other written tiems to French or Spanish, depending on the class they were in. Homework, quizzes and tests are the nain items that make up your grade. However that is not all. Students are also graded on class participation and how well they behave in class. Any student can pass if they just apply themselves and get the work done. Carucs and other activities take up some of the class time, especially around the holidays, when the classes learn about the holidays in Francor Spain. You can guarantee that each time you leave the class, you would have learned something new. The classes become difficult as the year goes on, but most of the students in the classes cripy learning a new language.



Signat Cory, Davis and Treshman Jonathan Hazelton dice poratoes after all of diagrams week. The Figure Club's ayed after school Nov. 2 to prepare an ambound from the

om v Crystal Choate look, toward the middle of the day room as M., od pay the for their next a isoment Spanish I began learning verb and how to manager.

Jano ... Some Dreama Robinson humas before the bell ring, to finish has benefit it turnered. Most benefit if turners found that their scored over of Ferneli etc. north that their scored over of Ferneli etc. north date that him first year.

4. spaceful feet ready to have some four while learning their spaceful vocabular. BLAV.D are accorded way for student to expanded heir oregan vocabulary.









Country Fried Fitness

(keep it healthy)

Mr. Heavilin and Ms. Briggs worked this year to get the students at River Forest in shape. Mr. Heavilin teaches physical education, advanced PE and health classes. Ms. Briggs taught physical education as well. The activities that he students participated in lasted a few weeks at a time. The activities were various sports such as basketball, volleyball. backfull, badminton and tennis. The PE classes had to take PE classes, the students participated in the dancing or they received a lower grade. The dancing unit was a good way for he class to be active. The students were graded on their skills in sports, how well they worked with their classmates and heir participation in the sports. At the end of each unit, Mr. Heavilin gave his students written tests on the sports they participated in and were counted towards their grades. Ms. Briggs also gives her classes tests for the activities in which hey participated. After the class finished one unit they went

on to the next. In Mr. Heavilin's health class students learned how to maintain a healthy body and to stay away from illess drugs and underage drinking. The students had to write reports on drugs and alcohol and how important it is to stay away from them. The students did their reports on different types of diseases. One unit was about babies and how babies develop. This is important to know for the future when they decide to have children. Another unit was the dangers of smoking and cancer. The class participated in many projects. The health classes did various worksheets to help prepare for their exams. During the units in class, the students also had to complete vocabulary activities. To help expand their knowledge of health, the class would watch movies over the lessons. The class also tested on their strength and abilities. During The health class, the students also would exercise and check their pulse to check the heart rate after the work out. They would then have recorded their rates.

Str.

Student Specials

- Senior Michelle Garcia stated, "Being in health was educational and fu Mr. Heavilin really knows what he doing."
 - 2. "In today's society obesity is a huge factor in our youth... I think it is a great opportunity to have an advanced physical education class here at school," stated junior Falon Lucas.
 - Sophomore Richard Perez said.
 The sports in gym class are very competitive because athletes are usually in the class."
- "The activities in gym are fun", stated Melissa Bravo. "They are a good way to stay in shape."







Sophomore Jordan Lewis reads his health report about drugs to the class. The student-

The worksheets were part of the review for the exam.

, junior Alex Tuzinski lifts weights during the fitness and conditioning class. The weight oom was open to any students who wanted to lift after school on Monday, Wednesday, and











A Taste Of Talent (dig into your abilities)

Each student participating in a fine arts course got a taste of their own talent. The Fine Arts Department, headed by Mrs. Gloria Komosa, started the 2007 2008 school year with three bright new faces. Mr. Darren Day, the band director, entered his first year at RF with hopes to carry on a long-standing reputation of talented bands at River Forest. Mr. Day's high school classes included wind memble, beginning band, intermediate band, oncert band, pep-band and music theory, a new class offered at River Forest in which students are instructed on how to read and compose music at an advanced level. The wind ensemble band practiced throughout the year for their many performances at football and basketball games. The new choir director, Mrs. Lauren Knust, came to the home of the Ingots with plans to broaden students' knowledge of music genres and participate in more community oriented activities, which she accomplished by starting a high school show choir, Mr. Day

and Mrs. Kinist both worked with their students to hely them prepare for Solv/Ensemble contest, a contest in which students perform a musical talent at different difficulty levels. Ms. Rebecca Zimmer, yet another new addition in the Ingot faculty, used different interactive activities, such as sewing pin cushions, crocheting potholiers, and baking brownies, to teach her home economic students the basics of cooking, sewing, managing a budget, and the world of food. Mrs. Komosa, a teacher at River Forest for the last 33 years, once again successfully taught students how to use and apply their creativity and artistic abilities through drawing, shading, painting, ceramics, sculpting, and many other forms of the visual arts. Students were given the opportunity to participate in the school's art fair in the spring, During the 2007-2008 school year, the River Forest Department of Fine Arts unspired and encouraged studens to explore their creativity and embrace their originality.



The Ashley Verduzeo werknown or drawing and shading skills firm the research as the art students prepare creative prejects all vertile be displayed at the

forms a former and the seasophermory. Natalia Gazar these a total-pick to see it has received as the File him everyor must seem was completely remodeled and became for the File himself year. Some as the plane to somety piece of music feet on the file of the total base gathlers usually the plane to somety piece of music feet on parabolay seem. The students worked hand and when seed (yet) before code of parabolay seem.

Since dames Storge practices has two string cass quitar for pep band dames was standered pep band for all four years of his high school career.





Chicken Satay







Computer Café (use your noodle)

"To empower all students to succeed in the 21st century," are the optimistic words that River Forest students heard very morning throughout the 2007-2008 school year. The motto was prominent in the school's computer classes and other technology courses. Technology is the future, and at River Forest, students got involved with it through the school's new SmartLab and computer labs. Mr. Dwayne De Young, a new faculty member at RF, taught the computer opplications course in one of the new computer labs in the renovated high school complex. The computer applications lass focused on using Microsoft Office and other types of oftware. Mr. Paul Murray, a teacher at River Forest for he last 24 years, taught communication systems/processes, lesign processes, manufacturing system/processes, and echnology enterprise. In the communication systems lass, students did numerous "engagements or challenges" vithin the SmartLab. Animation, digital photography,

wacky gadgets, and robotics are a few examples of the approximately 40 different activities that are available in the "engagements or challenges" program. As well as working with the updated programs, students were exposed to PowerPoint presentation skills and web page creation skills Manufacturing systems/processes students had a total of four large projects to complete in order to ensure that each student learned how to use most of the machines in the lab Decorative mirrors were one of the projects completed by the manufacturing students during the course of the school year. The design process students took on the challenging and complicated project of designing and creating the window screens for new windows in Mrs. Komosa's art room. All of the students involved in Mr. Murray's and Mr. DeYoung's classes worked hard to improve their knowledge and skills in the areas of design, manufacturing, computer applications communications, and the various other fields of technology.



Mikandea dance, service, were a vice to clump down the item she is wacking on so that it will sy in place Mikendea was working on making an intricate chessboard for her final project

, take the course as one of his electrics, and he was hoppy with his decision, demis optol . The students in the computer application close still many activities including a project or spise facetis bands. Students lawned hove to use computers move efficiently and effectively these daily loss.



lying Turkey Tacos by Mr. Murray









A Slice of Life (bite into your skills)

With their stoud vental Rose Boast 11gh, School, Ms. Bridget Parkerson and Ms. Michelle Kutemler northand out only teaching, their students the academic kills they needed, but also the more practical skills needed for every day life. The life skill students achieved so much rids, year. During the day these students were hard at work with the various subjects that all other students worked on. They wanted off the morning wifth mathematical activities such as kenning how to write checks and karning he value of morey. The students also had a job which they called Pre-Vocational Skills, which was cleaning the cafeteria. At the end of the week, the class would receive a goody big made by Ms. Sandy Alexander, the manager of the cafeteria. The students did activities ranging from cultivary skills, functional mathematics, science, social studies, and English, acissure Social Skills, also known as Came Time Corici Skills, the source of the students of the science of the cafeteria. sudens did actrifites such as coloring and playing, games licheckers and spiderman. The class engaged in meriv addition activities that prepared them for life after high school. The also did physical activities such as playing baskethal an volleyball in the junior high gyrn to stay physically the the past years, the life skill students put out junior for both at junior high and high school students, but this year the fixt and vegetable grant was awarded to other area schools. In class went on many field trips including going to the Coor Line Apple Orchard and Kilvivirs Chocolate Pactory. The k skills students also interacted with the junior high student in Mrs. Beigis class with reading groups. The class cahad newspapers delivered to them once a week. Thanks; the great life skill teachers, the students experienced virio activities that enhanced their mental and social skills. No year, the students hope to participate in the Multicultur Pair, a favorite among the life skill students.

Student Specials



2. "I love it when we are able to cook, because I really love to eat," stated junior Vicky Sparks.

3. Sophomore Dont's Henderson says "I like when we go to the gym to play basketball, it's my favorite thing to do."

4. "I really love my class because they help me a lot," says freshman April Evanauskas









Cooked Up By: Teresa Bravo

Dont's Henderson south on the assertance described as the max day. Dont to

Beent Mendoza i nationale a many assault Lames Lan Certain

Space Andrew Pank reviews to Orenza-station that a new being Seata, class and long to Vern Reva Bank their season memory to the poor derivative. Se Bridget Pelescon statement that and a resolution of the land season to be season to be a recommendated to the statement of the land the many resolution and the many resolution and the land the land



Fruit Pizza

Cooking Directions:









Hanming Up History

(remembering one meal at a time)

History is an extensive subject due to the fact that everything that happens becomes history. Mr. Kirk Whiting is the head of the history department and his rolleagues are Mrs. Jessica DeRolf and Mr. Jeremy Moore. Mrs. DeRolf, the new world history teacher, hoped to cover the entire book and do many activities with her classes, such s going to the computer lab for interactive technology lessons and having frequent debates and discussions to encourage lass participation. Mr. Whiting teaches psychology, world history and AP history. Almost every week, Mr. Whiting shows an educational film in his world history and AP lasses. For all of the students taking U.S. history, a Holocaust survivor came to the school in November to speak to the tudents about his time in a concentration camp in Poland. Sychology teaches the students to think differently about veryday occurrences. Senior Joshua Ables stated, "I have a ot of fun in psychology. It's relaxed, yet I learn so much."

Psychology is opened to students in grades 10 and up. Many students decide to take this class because they know it is a fine class, and they would like to go into a field after high school and/or college that deals with psychology. In Mr. Moore government and economics classes, seniors are taught in depth the type of government the United Status uses. Mr. Moore makes sure his classes understood the politics and legislation of the United States, along with knowing all 50 states and capitals. In economics, students learn different ways to deal with money, Covernment and economics is a mandatory class that seniors must pass in order to graduate. Mr. Moore teaches mostly seniors, so it's his job to really push them to exored expectations their final year at Row. Forest, All the history teachers, Mr. Whitting, Mr. Moore and Ms. DeRolf, expect their students to apply themselves and really strive to succeed in understanding how their past leads and affects their futures.



1 Mr. Jeremy Moore takes time during his peop how to settle the injecting assignment is one of his classecom bounds. Students benefited from having each week's lessons up of the bound.

To commone Anthony Polka sits back and listens closely as Me. Whiting lectures his Westlinessy class on one of the harder chapters in the class Anthony and the cest of his dissented took extensive notes over each chapter.

 Mr. Kirk Whiting struggles to find the right woods to say to his class that did terrible;
 last test. Mr. Whiting encouraged each and every one of his students to excel in their street converse.

Sophonicae John Swansey pours over a New Week magazine in his current events above imprime to check a pullrout in the middle of the magazine. Students took notes over the primes overtist they covered in class.







Ingredients:

2 1/4 caps all-purpose flo 1 tsp. bolding soon

1 cup (2 sticks) butter

3/4 cup packed brown so 1 top, venille extract

2 kings oggs 2 caps chomiste chips I can chowed sups

Directions

1. Probest oven to 375

Combine floor, briding soft and soft in small bowl.
 Best harter, organized suppr. Import suppr. and wealth extent

inge mater bowl used creasity.

G Gradunity best in flour matrix

Drop by rounded triblespoon onto ungrussed leiking after
 Drop by rounded triblespoon onto ungrussed leiking after







A dozen funfetti cupcakes



- **■** 1 Turnabout
- **2** Homecomings ■ 1 Prom
- # 1 Honor Society
- A few French students (optional)

For the perfect student life upside down salad throw two Homecomings into a large bowl tossed with an Honor Society. Add in one Prom and one Turnabout. Garnish with a few French students if desired.

Bon Appetit!



Crumbly Construction







The construction project at the high school was finally completed during the 2007-2008 school year. Construction began in January 2005 and ended in November 2007. Time between the beginning and end of construction was difficult for both staff and students, but all parties pulled through the adversity and were rewarded with an improvements were made to the entrance of the high school, including a complete overhaul of the structure of the building. New tiled floors and ceiling panels were put in every classroom, creating a fresh feel for the newly renovated school.

Before



Cooked Up By: Jimi Freund

After







What did you think about America before you can here, and how has your view

Cooked Up By: Britne Ester

Is there anything in particular you learned about American culture?



-Did you set any goals for yourself wi were here?





Is foreign exchange students does out in appared that represents their logic ountry. They were informing elementary students about their native life.



Anna Zozayl poses (1)
19 nt of a very pretty
building in St. Potcesburg,
Brussia, Man'y tourists visit
114 very location every your.



As the Faust of the Hunters Moon, in Laloystu, IN, this students have a chance to see what life was like bed, in the days of coobboys and native americans. They now people deemed in attive from the olden days, and witnessed native americans performing dances for their speak.





Who was your favorite teacher? Mr. Whiting, he knows so much about Germany, it almost feels like home." -Karina Lingner -Germany



-What was you must memorable experience while you were here?
"Being a foreign student in RPHS has been an arrazing experience that I'll never forget. Having my beloved host family, friends, and teachers has been what I







What was the tree of teresting thing you did while you were here?

—Beying with save blakes was the most interesting thing that I have done. This is my first experience with snowflakes because we don't have snow thour country.

R F

Have a hot helping of homecoming

The 2007 fall homeouning, week logan on Monday, Sept. 25. Each day was a different dress up day for it week, and many students showed their spirit by dressing up everyday. On Monday night students stayed after school in decorate the hallways. It is a tradition at River Forest that the halls are decorated by each class to be judged for spirit points. On Wednesday girls from each class participated in the powderpuff football game. Although everyone played hand, the suppression of the properties of the properties



Payers attempt to bring down a Bishop Nell Warrice mut inches before he reaches the end sone Despite the hard work of the linges, the player accord a touchdown against River Forest



A group of sophermore and freshman boys build a pyramid to pump up players at the powderputf game. Extra spirit points were executed to the teams who had male students dressed up as cheecleaders.



2007 Hemocraning count representations were perplement Melius Marchaece, freshmen dearning dome and Katis Buchler, junior Netalia Souch, services Betten Esten Michael Caucia, and Arnanda Kismer, sophomocr Ashley Neone, juniors Vanness Breuse and Tiffensy Duston and minimal Term Bernard Son Mandata

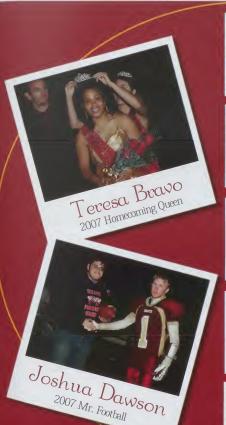




Bonita Sharp takes a break from cheering to pose for a picture. Bonita has been a vursity have leader for 2 years



Annices Falon Lucos and Andreas Kienes set up their giant Occer control at the end of their hallways. The punior thems for this year was a Hollywood thems with the sloogus of Hollywood thems with the sloogus













Turnabout 2008

Student Samples



stated senior Jessica Bandy, and

experience, said junior Ruben Mendez Twas proud of the



"Although less people then usual was exciting and the doorations were awesome, said Natalie Garza, sophomer

Freshman Joslynn Kowalewski



I am let to right Decek Stokes, James Stover, Robert Gazcia, Jeremy Stover, Tyler Billingsley, Juan Ceja Ronald Dolhaye, James Freund and Cory Davis gallegether for a goofs group photo to make the monories last. After the picture



Juniors Ashley Berrios and Angelina Aguilar put on a smile for the camear While they were delighted with their junior year Turnabout



Katie Buchlee Heather Watson, Amanda From Jeff to right Clarice Fajurdo. Aristres the Naturalize of the dance printing and peopering for the material Years. The gift energyed a discoust drawer of Egippe in Portuge for the dance.



Pennington, nd Vanessa Brawo spent Kiener Gerica Brown, Krystal Whitten Char



Villaval John Concres and Tiffany Deaton in a moment of crazy

reezing cold February weather that chilled students on the night of the dance; but hudent were warmed up quickly once they got on the dance floor and danced to all of

and in cluding. Uno's Pizza litve Garden, Applebee's, and the Partition. The students alloyed a mixture of many p-hop, techno, salsa, and wise music Some students iler the disc jockey more others, but overall the perience was one to reember. Seniors sponsored event, and they were aking winter wonderland in

le school's gym. The gym was beautifully decorated with an array of lights, pine rees, snowflakes, and other ntry decorum after a cekel hard work Cookies, etzels, and punch were rouded for the students had attended the dance. After he dance many students hose to go out to eat or go



Turki Al-Eid, junio ; dancer with 0, argo as f was a lagging wichange student longs San Ambia, a se-g of three this fine American as the

Turnabout has been a favored Ingot tradition for more than 40 years. The dance was, as the tradition goes, available to all high school classes and students could decide whether to altend the dance with a date for \$35 or go solo for \$18. The 2008 Turnabout took place on Satur day, February 23. The annual winter formal was held in the River Forest Elementary Gymna-

sium. The theme of "The Snowball," and the title was a perfect

Amanda Walsdorf in Chelsea DeMond, pose for a picture. After the line the girls



Luis Verduzco senter and his date Kristin Carillo, sophomore dance to one of the salsa songs that the DJ played. Law has



was the half way decorations. Sho deuts shayed allow school until 9 pane to decorate each millow/no mill but on themes, so was the big night. Seriors Brandon Stack and Nakita Green were named Mr. and Miss Basketball at half time Mr. and Miss Ingot Spirit went to seniors James Gasaway and Michelle Garcia. The garner ontinued after an extended inc.



rses Ronce Parker on ! Kristina M



























<u>Prom</u> 2008

Student Samples



Senior Britney Podenski stated, "I enjoyed prom because I spent the night having fun with my friends, but I'm also sad that it was my

Prem night was not what I expected, said junior Nicole Goin. It was not one of my laworite memories because there was a miscount of students. But the end of the night turned out better."



"I had a fun time at prom."
exclaimed sophomore Kristina
Carrillo. "I can't wait for my deSe Prom."

"Prom was one of the greatest nights of my life," says Tabitha Day, freshman. "I can't wait to go again."





is the content of the second of the content of the



Se domes Store and he had been defined and Amber Lesner and containing with a result of the second and the seco



Source dames Esteph and his glottlend Nicole Hercy, it was a shared a month toge of the same of promises of promises and a specific promises of the same of the sa



Tom left in sight Zuck Dourns, Toronco Mistre Turkey Al-Eds, Nick Patterson (19) Robert Konruki (19) thus shed was felter

If I Had Just One Wish





is a gray took and a province of a gray took and a gray took and a gray took and a gray took a gray to

7 O'clock in the evening, but due to seating complications, it was delayed until absociated & 30. After enjoying their meals while listening to romantic French music, using students began to gather their friends for group, couple, and singles pictures. Silven the DL Potertainment.

and the state of t

Flags Great America, or just hanging out with friends.

The nation classed River Forest High School host ed open) this wear at the Amossoon Banquet Hall in Hobart on April 25 2008. Tickets were sold o senior couples for \$50. seniors with a guest for \$60, and junior couples for \$70. The Wednesday before prom, a few Lake Station Police officers came to RFHS to try to dissuade students from drinking or using any types of drugs by showing them what it's like to be under the influence and the dangers of trying to drive while intoxicated.

and the dangers of trying to drive while intoxicated. The night of prom, dinner was scheduled to be served ns, it was delayed until ap-

Some Milke Richting wenning to the property worth from Fand his processes of the Tim Pockeon, account to all attendances of proof The appropriate of the temperature.



Carrison Dixon
Tiffany Deaton who the



ACADEMIC SUPERBOWL

Front row: Firsh Poliniquisco, Artini Zorodyn, Chartrafor Tradeiri, Arim Clerice Far Jobs, Heather BOOM TOW, PARKE MANIMINES, ANNE GROUPS, CURRINING FIRST, PARKET, PARKE politegeley, Domine Hurby, Cear Galerrez, Joan (ep. Tyler Harson, Kardyn Bushler, Jertan

Lewis, Michael Hough, and Mr. Jim Weitzel.



BAND



Front row, Andrea Kasser, Destree Christian, Namen Sepuraga, Ashky Gethandt, Michelle Gerca Juan Martinez, Cherryl Sternczwoski, Martich Hurky, Ashky Able, Slavon Sokes, Mr. Durren Jany second rose Britney Presentst Renald Dellays: Tellany Deston Kerre During, Carlos Rennes. Frod James, Jorathan Hazotton, Margaret McCroskey, Richells For third row, Jereny Scorer, Kee'ni Jame, Jian Guterrez, Matthew Daz, Josone' Abraia, Rofiel Ochia, Jeon Lope, Robert the contraction of the contracti Michael Hough, Derick Stokes, June Esteph, James Freund, James Storer, back row, Johnna ana, James Berman, Matthew Crum, Amurch Ramos, Amborry Patterson, Tyler Rillingsley.

Front PAW April Houranskis, Delta Cell, Hayley Piesyk, Ketatua Morris, Finda Rahmanisa, Hantin Francisco, Ashley (traien, Ashley, Sakiros, second trais; Ambre Podenski, Dienra Haynes, Domin's Bohinson, Tavia Duff, Christina Govel, Serra Egons, Holly Mull, Nira Mitchell, Holi Lucas, back row, Cardan Windson, Jame Bellan, Maties Bech, Rulen Mendez, Rerse Parker, Britting Professki, Ashle, Feller, Megan Davitan, Jill Wolfe, and Mrs. Lauren Krust.



DECATHLON



Front row: Mr. Jim Weitzel, Alexandrea Nikollaj, Kristina Carrillo, Heather Watson, Abby. Anderson, Peyton Hanson, Katherine Randitsas, Jordan Lewis, Matthew Diaz, back row. Dominic Hurley, Juan Ceja, Jamie Bellar, Michael Hough, Tyker Hanson, Katelyn Burhler, John

NATIONAL HONOR SOCIETY

Front row, Rorald Delhaye, Chelsea DeMond, Britne Ester, Ashley Richardson, Nicole Coin. second row, Tilfany Deaton, Michelle Garcia, Jescha Bandy, Margaret McCroskey, bick row. Krystal Whitten. Tyler Billingsley, Amarcia Kisner, Nathan Parker, James Freund, Juan Ceja. Jonathon Bojorquez, and Brandon Stack.



Sandwich



NEWSPAPER

Front row, Paralle Switch, Krystal Whitten, Elbalveth Stofmrevich, Mr. Elsky Baron, Gerka

OFFICE ASSISTANTS

From the Kate Circle, Noby's Circle, Sara Mendez, Samanita Sendejas, sacrid row, Desires Turishio, Tiffany Deaton, Ashkey Thews, tack row, Joshua Abks.



SPELL BOWL

Front row: Finds Rahmanisa, Ashley Graven, Hantsa Francisco, Heather Watson, Abby From Hore and Commission of the Commission of th Garkerrez, Jian Ceja, Tyler Harson, Katelyn Buehler, John Ostreros, Jian Martinez, and Mr.



STUDENT COUNCIL

Front row: Sara Mendez, Chelsea De-Mond, Britne Ester, Dennis Richter, Teresa Bravo, second row. Stavon Stokes, Dreama Robinson, Leilany Soto, Natalie Sovich, Tiffany Deaton, Katie Green, Samantha Sende jas, back row. Abby Anderson, Heather Watson, Katelyn Buehler, and Jamie Bellar.



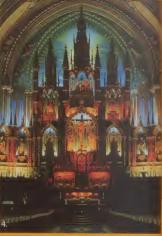
YEARBOOK

Front row: Britine Ester, Ashley Richardson, Nakita Green, James Freund, Ashley Ables, Orlebea











I finance Goreson Door and partie Stephanic Melander of promise along its fact and involved a highest the National Secure Context Melanders and 200 for the approximate forced by the distribution of the context with a subject to the description of the context of the government of the context of the context of the subject to the context of the cont

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La Tourtiere Recipe

Pie pastr₁ 100 g (3 7/2 | w) a regetable shortening 150 g (about 1 1/2 rups) all purpose flor 1/2 tsp. salt

Basic tourtière recipe from the St. Jovite region

Large onion, minced

125 ml (1/2 cup) bread crumbs Salt. pepper and a pinch of nutmeg

Method

Put the pork and onion into a large pot; season; cover with Morand let simmer over medium heat for 90 minutes or until the source has completely, or almost completely, evaporated;

3. Lay the bottom pie crust in a lightly buttered pie plate, letting 0 dough hang over the edges slightly; prick all over with a fork; plate filling into the crust, spreading it evenly with a spatula;

Cover with the top crust; lightly moisten the edges to seal the and bottom crusts together and pinch them with your fingers;
 Roll a small piece of aluminum foll around your finger and at an armal piece.

steam vent;
6. Brush with an egg beaten with a little milk; bake at 200° (+400

7. Reduce the temperature to 180° C (350° F) and continue balfor about 20 minutes until the crast is golden





A Slice of Canadian Bacon

The members of the National Honor Society and students of Mr. Romos French III 4V classes were given the opportunity to go on a five yo up to the streets of the beautiful Montreal. Canada. Chaperones for the truth included Mr. Kirk Whitting, Mr. Ricky Baron, Mrs. Kathy Hooks, Mrs. Natalie Keller, and Mrs. Carrie Nowacki. The students as the trip had to endure a five hour bus ride just to get to the Canadian order and then another ten hour ride to reach their hotel, but in the end casa agreed that it was all worth it. Upon arrival in Montreal students object breakfast at Tim Hortons, besically the Dunkin' Donuts of Canada, ad then toured the Notre Dame Basilica and the ruins of old Montreal in the fibruse a Calliere. Students were then given a guided bus tour of Montreal and all of its wonders, eventually stopping at the top of Mont Royal, the fighest point of the city. Finally, students were able to check into their hotel and lithey were quickly whisked away to enjoy a delicious dimera at Pub St. ball, where they were given the choice between lasagna or chicken breast. After the main course students were served a delicious chrocolate truffle cake to the next day of the trip students visited the Biodome and the Montreal Olympic Stadium where they took an elevator to the top of the stadium of enjoyed a breathtaking view of the city. After wards, students were the land Rock Cafe, followed by ice skating at Arturin's DJ Rits. On the stady of the trip, students, visited the Montreal Science Center and were rewarded with a shopping spree in the underground city. After shopping.





1. A backer, is view if the Montreal Bosson is progressed, shaped in the form of the country's symbol, the maple has founders were able to side to the top in the stadium on its relevance built specifically for tourists and photographies.

2. The largest bruse scalefuler on the world is located in the back section of the Notre Danie Busilian where which worlding convincious are held. In Day when of 1918 much of the regional clutch was destroyed by associate, but architects used at 18th prints to the Verestove the church back to what it had backed like to the best is their abilities.

3 The Chateau Runsey a 300 year old castle now a museum sits right in the heart of Old Montreal. It was the first building constructed in 1000 or the governor of Montreal.

Stuff your face!

faces







ngredients:

- 🗯 2 eyes
- 1 nose
- **■** 1 mouth
 - 📫 2 ears

Mix ingredients together and marinade for nine months. Tenderize for 15-17 years and stir into high school. Allow four years for education, and then pour into adulthood.



Juicy Juniors



Angelina Aguilar Jose Aguirre Turki Al-Eld Anthony Allison Angel Arguelles

Megan Azpeitia Ashley Berrios Tyler Billingsley Vanessa Bravo Gerica Brown

Melanie Bruce Sandra Burgos Mario Castillo John Cisneros Matthew Crum

Shawn Dailey Tiffany Deaton Luis Diaz Valerie Dominguez Joshua Ehrhart

Jane Esteph Ashley Feller Justin Fiscus Samantha Flud Ashley Gebhardt

Nicole Goin Christina Gonzalez Katie Green Peyton Hanson Dennis Jones



Juicy Juniors

William Jones Andrea Kisner Michael Kosinski Julia Kowalewski Jesse Kurina

Terry Lewis Sonia Lopez Falon Lucas Alejandro Macias Anna Manns

Stephanie Melendez Ruben Mendez Brent Mendoza Richard Mikulaj Terrance Mister

Saundra Nalley-Ortiz Amanda Pennington Phillip Podrecca Finda Rahmanisa Deziraie Renovales

Joseph Rodriguez Elizabeth Ruiz Matthew Rusher Tyler Russ Daniel Salinas

Benjamin Saylor Samantha Sendejas Bonita Sharp Nicole Shearer Joshua Smith







Juicy Juniors



Natalie Sovich Vicky Sparks Paige Stewart Derek Stokes Phillip Sublett

Charlene Szparaga Noreen Szparaga Chatruthai Thaisiri Anna Thomas Alexander Tuzinski

Alex Vargas Ashley Verduzco Valerie Villarreal Mycala Walker Desiree Walley

Krystal Whitten James Witten Jill Wolfe Arina Zozulya

Sweet n' Sour Sophomores











Ashley Ables Karina Aguirre Melissa Bigott Sha' Sha Brooks Miranda Calleros



Sweet n' Sour Sophomores

Angelica Calvillo Shane Campbell Joseph Cardin Kristina Carrillo Alejandra Castillo

Delia Ceja Crystal Choate Charlotte Crum Margaret Diaz Matthew Diaz

Keerie Doring Anthony Doss Tavia Duff Nathan Embry Kathrine Esteph

Sierra Evans Emilio Flores Kenya Franklin Bethany Galligan Antonio Garcia

Natalie Garza Jessica Gasaway Brandon Gray Cesar Gutierrez David Hamilton

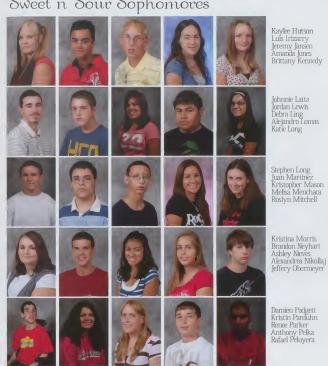
Jerica Harper Sarah Hartman Dont'e Henderson Dominic Hurley Maricela Hurley





Cooked Up By: Jimi Freund

Sweet n' Sour Sophomores







Sweet n' Sour Sophomores

Katherine Randitsas Dreanna Robinson Kiara Rodriguez

Jasmine Russi Sasha Sabates Ashley Sabbers Ryan Smith Ivan Soria

Leilany Soto Sonya Stewart Elisabeth Stojancevich Shavon Stokes Cassandra Sul

Javier Torres Nicholas Torres Arturo Vega Nikolas Villalpando Tina Villarreal

Allison Walley Jennifer Walsdorf Dexter Washington Tiffany Williams Athena Wilson





















































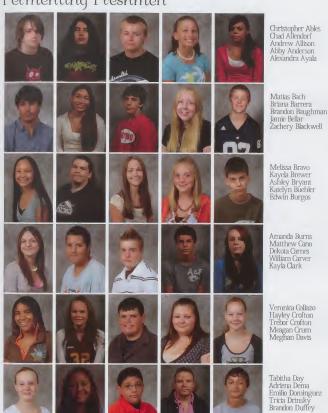








Fermenting Freshmen



Fernienting Freshmen

Robert Dyson Ashley Espinoza April Evanauskas Amanda Flud Bridgette Cagliardi

Jenice Garcia Ariel Garza Melissa Godines Andrew Gonzalez Scott Guel

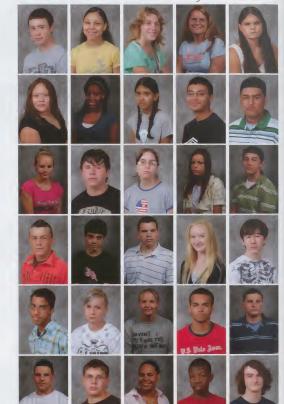
Holly Gunn Juan Gutierrez Jessica Halstead Amber Hamilton Skyler Hansen

Tyler Hanson Derek Harper Justin Harrod Dianna Haynes Jonathan Hazelton

Neko Henderson Ciara Henry Nicole Henry Miguel Herrera Michael Hough

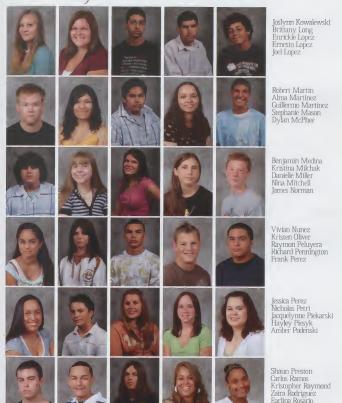
Kelvin Jaime Fred James Jazman Jones Jimmy Jones Michael Jones





Cooked Up By: Jimi Freund

Fermenting Freshmen



Fermenting Freshmen

Mary Salinas Giovanny Sanchez Susan Seber Cheryl Slomczewski Anthony Smith

Jesus Soria Milton Soto Jeremy Stover Jacob Swartz Stephanie Szparaga

Jennifer Taylor Shannon Timmerman Heather Watson Brett Welch Nicholas Williams

Candace Windsor Judge Yanez Chase Young Marissa Young Serena Zambrana











































Salty Staff

Sandy Alexander Heather Barkauskas Ricky Baron Francie Blaney Donna Briggs













Cooked Up By: Jimi Freund

Salty Staff



Salty Staff

Paul Murray Carrie Nowacki Bridget Parkerson David Paupp Jason Quigg

Vicki Rieck Gale Robertson Linda Saklak Hector Santiago Lenore Senovic

Betsy Shadley Michael Slys Roland Studley Melinda Sutherland Tanna Taylor

Maria Verduzco Kirk Whiting Tammy Young Rebecca Zimmer







































Appealing Administration



Dr. James Rice Superintendent



Tom Cripliver Asst. Superindendent



Andrew Wielgus Principal



Shayne Snider Asst. Principal

A bite of athletics



Ingredients:

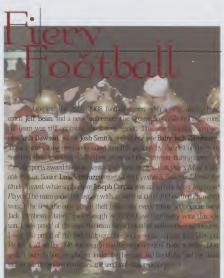
For a really elegant cravin' cross county dinner, start off with appetizers of chicken wings of your choice:

- fiery football
- blazing buffalo
- crossface wrestling

For the main course you have a choice of:

- turkey tennis
- a plate of meatballin' basketball
 - a bowl of soup
- a slice of tennis with a serving of aces
- also, you have the choice of ballpark Ingot hotdogs.

Now that have completed your meal, you must finish off with dessert with a selection of a track snack pack, moose track ice cream, or savory softball cookies.





Senior captain Josh Dawson gives the team and before the game. The captain gave advice each is



Sophemore captain Baby Jack Zambeana receives the ball and runs down the field to the end zone. Sadly, he was tackled and could no score.

just the facts

O'Rama @ Garv 63 Whiting W Forfeit Eau Claire 0 27 Lake Station 6 24 Calumet 6 North Newton 20 Wheeler 0 Bishop Noll 42 Gary Wirt 0 South Central 0 Triton



Vussier vom 1 Derek Brickes Mattas Fech Feel Jaurus, Lius Verties demes Cassansy, Mik Richter, Mik Heugh, Anthews Germales ree 22 Esteph Josen Lopez, Josh Smith, Jounes Nerman, Josey Pasker, D. Hanner, Marie Gatille, Ree 3 Dennis Jennes, Anthony Miller, D. Dassen, Frank Peerz, Phillip Subbett, Ruben Mender, rook of Josep Garganers Pelaysens, Darby Josef Zambenna, Richard Pennington, T.J. Pela vero 83 deemy Josens, Coach Pasta Wesley, Coach Dearny Moore, Cord Richard Pennington, Fledd Coach Juffery Bean, Coach John Towess and Nicholas Towes



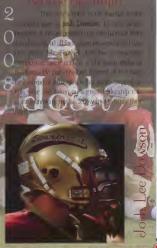
Freshmen Raymen Polluyen and Senier Josh Dausson lean to the air to catch the ball. Raymen is going to continue to play football his next three years of high school Raymon's positions on the field consisted of being a running back and a defensive lineman. Josh's positions on the field consisted of being a running back and of the busing a running back and of the backer.



Senser Josh Dawson runs the ball to make an ellensive play Josh played defense and had a total of 29 sole tockles, 19 as sists, and 4 tackles for loss



Freshmen Richard Pennington tackles his opponent. Richard hoped to improve his skills over the next three years.



A Serving Of Aces

and 2005, eer garls volve half and to provided to have a summer the strong team. However it is never be set the their roll assessed House, this year The coptains for the agreement amin-Natalie Soviets and Nicola Coin. Natalies of the law about beauting the law about beauting the law about the law a team for the care the at Rachel Light foot was adject to the yolle and and V IV clack. At the ports a variety to the line of the against their opponent. is year's Most Valuable Plant of lear in a row ost Player went to senior Amanda Kisner, John Teresa Brayo recived Julia S. Sawyer Morael, this see award. Although the team failed to have second second to the last trong relationships with each other. The laster busins played a continuous and painst the Lake Station Thorace The years and a contract of personal and Imaghout the page Coach Bob Woynaroski | Lan Yepe In 1 = 1 Coon with losing three of our valuable players from the rest of 1007, but we ogether is a team and tried our hypotest to be successful. Livid miss all the by and hope they are successful next year!"



A group of JV gids break axis from a finish care, to rung their next strategy. The guls succeeded in their grounst their opponent.



Sophemore Melia Menchase meets with the ether tea captain from Washington Township Before each qua-Coach Bob chose a different player to be the captain of that match.

just the facts

Oregon-Davis Morgan Twp. W Hobart W Hebron Lake Station Kouts W Hammond Gavit W L Calumet W North Newton W Washington Twp. W Wheeler W Gary Roosevelt Hammond Bishop Noll W Whiting W South Central W Westville W Boone Grove W Marquette Catholic W

W



Varsity row I: Illiana Arocho, Amanda Kisner, Teresa Bru-Karina Lingner, row 2 Eamantha Sendejus, Desiree Waller Natalie Sosich, Amanda Pennington, Mycala Walker, row Melisa Menchaca, Bethany Calligan, Coach Bob Weynarsko Nicole Goin and Vanessa Bruso

Gary Wirt



James Vanessa Bowo passe the full with processor. He was varies third year in volley ball and her first year playing for my carsity team

Freshmen cow 1 Abby Anderson, Aciel Carza, Halvy Crofton, row 2 Ashley Beyant: row 3 Melissa Braso, Mary Salinas, Voxan Nunez row 4 Coach Jennifer Ordway, Susan Seber, Jessica Perez, Adeisna Dema, Meghan Davis, Dianna Havnes and Coach Amy Woynaroski.





olmines Vicesity 1998. I Ashley, Nicose, Macquiet Diez, Consumdre Sul, Psyton Hamson, Allison Walley, evo v 2 Haley Cerofton, Abby Anderson, Nicole Shacare, Brittany, Kenedy, Andrea Kisuser, Delia Coya, evo 8 Melisar Menchaca, Nataluc Garea, Kathevine Esteph, Sonia Lopez, Alajandra, Lantille, Katia, Baukher Salino Elesso and Coreh Republi Lielsfrom.



Cravin Cross Country?

This year's team sarted practicing early in the moment to get the humbers finto shape. As the summer went on the number of manages began get larger. Unlike last year's team, there were enough runners in make a complete teach "Our biggest strength was our camaraderie, the ability to go logether as a team. My team cheered for each other and yelled when news sary," stated each Rusty Copeland. The greatest weakness for the cases we the youth and mexperience to the team. There were only two remaining the ners this year. The leaders of the team were sophomores JW Yanez, Artur Vega, Brandon Neyhart and senior Jose Rivera The runner that hopera the most was Brandon Neyhart Sophomore Brandon Whart stated, "I was a fire season this year. I am looking forward to next year and new runners we are able to make it all the way next season. He gradually became laster, leaner, stronger and more competitive. At the sports ballouct sophomore Brandon Neyhart received Most Improved. Senior Jose Rivera was av ander Mental Attitude. Sophomore JW Yanez won the Most Valuable Player. We trained hard and gave it our best," stated sophomore Arturo Vega. "We did better than expected and wanted to be number one but didn't get it. We consistently got better and overall had a good season." Loosing senior Jose Rivera, coach Copeland hopes to have more students join cross-country in the upcoming '08 09 season, have more girls participate and win in the conference next year.



Preshman Dylan McPhee carther has breath after an exhausting race. This was Dylan's first year on the tree



Sophomore Boardon Neyhart and jumor Channing Parrott lead the pack at a conference race They finished with excellent times.

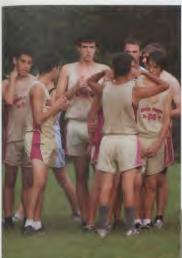
Just the facts

1013	129	000000
Gavit	11	16
RF Quad	4	4
Lake Station	2	4
Kouts	6	8
RF Triangular	3	3
New Prairie	NS	NS
Gary Wirt	2	2
Whiting	2	4
Highland	NS	NS
Marquette	1	2
Hobart Invite	NS	NS
GSSC	4	8
Sectionals	8	12



row 1. JW Yanez, Ashley Nieves, Dylan McPhee, Marqueet Diaz, Mary Salinas: row 2 Arturo Vega, Jose Rivera, Chan ning Parcett, Beandon, Neyhart, Ryan Smith, and Coach Rusty Copeland.

*NS = no score



Senior Jose Riseea (mishes his talk to his teammates before the race. The talk consisted of how to maintain endurance throughout the race. They also planned to win against the many schools they were competing with.



Sophomore JW Yanez finishes the race at sectionly JW had an outstanding season this year because of his excellent times.



Sophomore Arturo Vega begins the race with a strong lead. Arturo was one of the top runners this season.



A Slice of *Boys*enberry Tennis Pie

Starting I with a new coach, Mr. Michael Stys and new boys, the team poulted brought whe end of the season. The boys started conditioning for the second of the start of school they were ready for the automorphism Will practices six days a week, Coach Slyn hoped to white the steam was a long great. However, due to construct tion on the fermis courts, the team was and able to have a home game until almost halfway through the season. However, that didn't stop the team from trying their best. Three of the team's key players were senior Brandon Stack and solutionores Ryan Smith and Richard Perez. The team's most memorable connent was winning sectionals on their brand new courts. Their final score for the season was 10 wins and 8 losses. Coach Slys stated, "The season went well, much better than I expected." After a season of hard work, the team was pleased with the ending, and finished easer for more. Two seniors are gone from the team, but there are seven left. Will more to come in the following years. Senior Brandon Stack was picked as this year's Most Valuable Player, Sophomore Richard Perez was awarded the Most Improved award. Right way. Scott was one of the few freshman on the team to was also awarded the Mental Attitude award.



While waiture the the coming match, freshman Be



I reshman Scott Guel swings low for the ball heading

ICIS	106	Owni
Hobart	0	5
Clark	3	2
Edison	5	0
Marquette	0	5
Morton	1	4
Bishop Noll	3	2
Gavit	5	0
Wheeler	0	5
Calumet	4	1
Roosevelt	4	1
Morton	3	2
Griffith	4	-



Varsity row 1: Dylan McPhee, Ryan Smith, Scott Guel, Brander Duffey, Matthew Diaz row 2 Shane Campbell, Juan Ceja, Richard





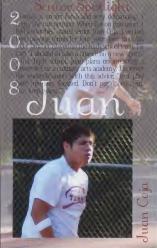
Senior Brandon Stack balances himself out after starting the reatch with his opponent Brandon played number one singles, and some one of the key players for the team

Sophomore Share Campbell concentrates fiercely on his match after whacking the ball back to his opponent. Share played number two singles.





Sophomore Ryan Smith returns the serve, scoring a point for his team. Ryan played number two doubles with partner Richard Perez.



Boys Blazing

Buffalo Basketball

The 2007/ 20 chask son was of hoss but the team was still able to his one with the start was still able to his one with the start was still able to his one with the start was the first time in mire years then the team won! I have forest in the zero final sectional game again. Has wer forest in the camplayed well amoughout the season with anchoring some height and oversions on the younger players and the start was the start was the season with anchoring some height and oversions on the younger players. The start was the season with anchoring the season with anchoring the season with anchoring the season with a start was season with a seaso

avoid is quet senor Branch I Stack was this year's Most Valuable Payer, while sophonore R thand Perez and junior Michael Kosinski received the subia S. Savyer Mental Attitude Award. One teammate that the team will greatly miss our Andrew Pazik. He gave the team enegry and encouragement every game, a survey pumped up the players before every game.



Coach Jason Quigg talks to the team during a uncoun He was telling his team how to defend the inbounds po with very few seconds left in the game.



During the homecoming game, junior Phillip Podoccca drives strongly up to the basket. This was Phillip's second year on the varsity team. He plans on playing basketball next year.

Just the

iacis	US	them
LaCrosse	38	63
Elkhart	29	47
Wheeler	26	45
Marquette Catholic	41	62
Hobart	46	65
Whiting	54	37
Oregon-Davis	53	59
Edison	51	63
Hebron	44	65
Calumet	48	86
Bishop Noll	39	67
Marquette Catholic	65	78
Whiting	42	39
North Newton	45	44
South Central	33	55
Westville	32	38
Hammond Clark	28	50
Washington Twp.	38	41
Koute	50	71



Varsity Row I: Ryan Smith, Brandon Stack, Jeremy Jamsen, Andrew Pazik, Joey Rodriquez, Baby Jack Zamburna, Row & Coach Joe Burleson, Coach Jason Quigg, Justin Fiscus, Nathan Parker, Phillip Podrecca, Michael Kosinski, Richard Powa and Coach Pete Jimenez.

Hanover Central



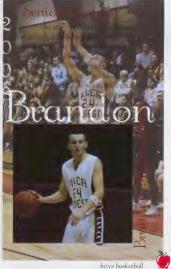
ilunior Justin Pacus purps into harme to take possession the ball for his torm distin being also and 2 linkes, was the tallest person on the team. Although his dressed for sursity last year, this was dustin's first year playing on the sursity team. He plans on playing next section.

Junice Varsity Row I. Milton Soto, Dylan McPhee, Joey Puskac, Zachary Blackwell, William Carver, Raymon Peluyera, Row 2. Coach doe Burlsson, Scott Guel, Richard Pennington, Coach Jesson Quigg Prundon Neyhart, Benny Medina, and Coach Pete Juneae.





Junior Michael Kosinski holds the ball in triple-threat while his defender tries to defend him. This was Michael's first year on varsity after taking last season off.



leat

Although the 07-08 season got of to a mappointing start, the girls had an improving season. Within the first feet weeks of the season, the team lost junior Natalie Sovich, last years recepient of the Most Valuable Layer award to a serious knee injury. With one less player, the girls struggled to bring home a win for the Ingots. Although the girls degan practitive during the summer, they were the game Using advice from their coach, the Lady live far from ready for their first game against Hanover Central. The girls played a brought home another win for the logots hard-game with a lot of heart but unfortunately it wasn't enough to defeat the Wildcats 100 (s. 14 the girls defined the Lake Station Eagles making it their first win of the same of Court Richard Heavilin stated. We're a young team which is a strength or on locus biggest weakness is our inability to common on the court." The glass structure of nighten their defense but can an outstanding offense. The girls end of the warm with a 3-9 record. Unlike a sity, the JV team had an outstanding of the A. T. Coach Courtney Quigg stated, "The girls played as a team and the 're bully dedicated to improving at every practice." At awards night, two passes, for towar Katie Buehler and sophomore Bethany Galligan, were named Most Valuable Players. Most Improved Player was awarded to junior Amanda Pennington. Sophomore Melisa Menchaca was the recipient of the Mental Attitude Award because of her positive attitude and her encouragement to her teammates. Coach Heavillin plans to hold more summer sessions for his players

and hopes to help them improve in all aspects of the game for next year's season.





just the facts

		Amerii	
Hanover Central			
Griffith		56	
Boone Grove	24		
Morgan Twp.	32	36	
Wheeler		38	
Marquette Catholic	32	50	
South Central		64	
Whiting		50	
Lake Station	30	17	
Hammond Clark		47	
Calumet	19		
Bishop Nell	33		
North Newton	28	56	
Hebron	31	39	
Gary Wirt	46	85	
Kouts	38		
Westville	30	58	
Washington Twp.	34	49	



front row: Vanessa Bravo, Jessica Perez, Cassandra Sul, Melisso Menchaca, Natalie Garza and Mary Salinas.



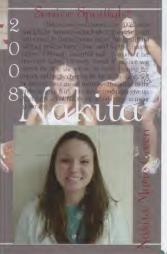
The IV and Vassey reams congrutulate service Nakita Green on Senior Night Coach Richard Heastlin stated that Nikkie was a strong player and always willing to improve. Nikkie played basketball all four years of high school and was the only senior on the team this season.



Junior Varsity row I Arrol Carza, Mary Solinas, Nasalie Carza and Ashley Nisoss; row 2 Verentica Collazo, Maryaret Diaz Abby Andorson, Sonia Lopez and Jacquelynne Pakarski; row 3 Crach Caurtney Quipy, Cassandra Sul, Jossica Perez and Coach Brad Redelman.



Sophomore Ashley Nieves guards her opponent throwing in from out-of-bounds. This was Ashley's second year playing for the Lady Ingots.



Crossface Chicken Wings

The 2007-2008 wrestling, season was a triumph for both athletes and oraches. Returning head on 1 m season will first year submitted a Brian Wesley, sarticly in season 2 m annual better mit to which and a sixth oracle of the control of the control



Senior James Esteph attempts to pin his opposite has a member of the team all four years of high sales



Joshua Smith, junior, rolls out of his adversacy's hol Joshua was a positive role model for his younger team members throughout the season.

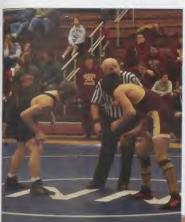
Just the facts

Whiting W L
Gary Wallace W L
Hobart Super Duals L W
GSSC Dual Tourney L W
Andrean W L

Gary Wirt Sectionals



Vanisty voo te Luis Verduzeo, Judop Yanze, JW Yanze, James Caraway, Beandon Dulfy, Tyke Hanson, row 2 Dennis dones, Rayme Pelusyen, Michael Hough, Pablo Cys, Justin Harved, Mario Cash Devek Sickse row 3 Coach Bran Wesley Jevenny Spencer, dane Istapl Jeanus Esteph, Joshua Smith, Ben Saylor, Turki Al-Eid, Feed dunes Coach Tim Cault



Senice Lata Verdusco propores formed for the second money much with his opponent. Lins was a member of the weeding team for the years for second for the years for senior for the years for sense in much out, but I'm upper that I had to miss sectionals because I find to take my SAT's I was confident I could have easily advanced to regionals."



Freshman Fred James circles his apponent from West Side and worked to the best of his abilities all season to act as a positive contributor to the team.



The entire wrestling team pumps up the crowd during the Homecoming Pep Assembly. Although the wrestling team did not advance as a team in regionals, seriors dames Gazaway and Pablo Ceja were able to qualify individually to compete at regionals.

Senior Sponlight

This year's 2007 2008 Wrestling Senior spotlight gots to Pablo Cea. Pabl. Was chiesen because of the land work and determination he showed hother and off the wrestling mais. Although Pablo won't admit that



A Bowl of Soup

The word of the boy, and the beginmust also as a claw over electric to define they were forced to forfeit warmen live covil marches but the in appropriate come back and win second Also advancing to regionals was applicate re Johnnie Latta who per third at sectionals. Johnnie received a he series in inclinated. Series Garrison Dixon quote, "Bowling was perione for me. How _ lover i dull moment with Jim Dailey."The one was a regulation to said in collout the year due to many observes. At the beginning of the seazon, the had new coach; however, that All on his way, one our form coach bridge. Because of the absence of their modulibe response of the assessment, busine segiors Ashley Richardson and Assume Bandy i. He recommon earn. Throughout the season, the girls did line line pestirements however a we up the for the team to succeed as # # Note: Although the girls paned if no no well at sectionals, senior Jessica Fundy more well first place for the least draw and advanced to regionals. The law town accompand to region be one read than hardest but placed last. Senior with Really and Rewing was male for the year. I'm really proud of this your strain his all their accomplationers. I wish them the best of luck



Senior Garrison Dixon limshes the match against los



Junior Shawn Dailey and Treshman Robert Dyson talk about the match they just played. Shawn helped Robert improve throughout the season.

just the facts

Kankakee Valley W L
North Newton W L
Lowell W L
Hanover Central L
Rensselaer W L
Boone Grove W L
Hebron L W



Boys Bowling row 1: Jose Rivera, Jason Lopez and Jimi Freund; row 2: Robert Dyson, Shawn Dailey, Johnnie Latte and Gurison Divon



Former doson Lopez throws the ball from the law water receives a take doson booked all four years of his high school cancer doson placed in the top ton at this year's sectional match. He advanced to regionals due to his number six spot, doson was a major cases to this year's team.



Cirls Bowling row 1 Ashley Richardson and Jessica Bundy; row 2 Ashley Ables, Kaylee Hutson and Dreanna Robinson.

Senior Spotlight

Jessee Benry Bern Lange to record the state of the record to record the state of th



essica Marie Bandy and Jason



nior **Jessica Bandy** bowls at the sectional match.

**sica participated in bowling for three years.

Dancing Dumplings

The Home of the ingots is known in Northwest Indiana for a-great indulgence in school spirit, and the two organizations that dealt with Ingot spirit definitely lived up to the standard. The River Forest High School auxiliary corps grew in numbers from the 2006-2007 school year to the 2007-2008 school year. The team's coach, Mrs. Kristen Copeland, worked diligently with the girls to create original, unique routines and allow the young dadies to have the opportunity to express themselves. Students enjoyed-watching the dance team per-form during homecoming pen sessions and halfitime shows. Although the cheerleading squad minimized in size throughout the year, their Ingot pride did not diminish at all. With the help of two new coaches. Mrs. Jessica DeRolf and Mrs. Christy Katschke, the few remaining cheerleaders captured the dility to do fun stunts as well as master other skills. The cheerleaders were present to pump the crowd up at football games as well as basketball games. The cheerleaders hosted a "Cici's Night" towards the end of the year to raise money for the following year to help purchase new uniforms.





Junior Bonita Sharp "gets fired up" while waiting to





The squad perform for the excited crowd at one of River I orest's away games for football and basketball.



The pictured performance took place during basketball is increasing at halftime. The routine was the last one of the year.



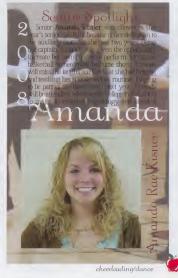
A group of elementary students worked with the auxiliary corps to learn a contine to perform at a high school backetball game. The elementary girls performed their contine with the auxiliary coeps during halftime of the boy's high school basketball course that wave compiler.



The members of the auxiliary corps sponsors a car wash at Prey's Dairy Queen in Lake Station in order to raise money for the new uniforms. The cirls enjoyed themselves and their free ice cream.



Auxiliary Corps row 1 Tina Villarcal, Ashley Nieves Angelina Aguilae, row 2 Katie Long, Amanda Kisnee, Peyton Hanson, and Ashley Sabbers.



Boys Moose



Consideration of the second of



Senior Pablo Ceja stretches berene he gets reads in our two mile race Pablo has been in track all four years



I reshmen Dylan McPhoe and sophomore JW Yanez practice before they can in the 4 by 400 meter relay [H guys ended up getting 4th place.

just the facts

Bishop Noll Calumet W Lake Station Hebron W Hobart Little 5 W Hanover W Lowell W L Washington Twp. W Tri @ Westville Tri @ K.V. W Wirt W Marquette Catholic W



Row I: Joseph Puskaz, JW Yanez, Arturo Vega; row 2 Jusii Ceja, Pablo Ceja, Dylan McPhee, Dalton Vernon, Turkii Al Eid; row 3 Coach Brian Wesley, Coar Gutiervez, Derek Stokes, Brundon Neyhart, Joshua Ables, and Coach Jun, Weitzel.





GILL EAGLES GILL



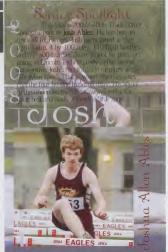


Jumor Peyton Hanson halls the blocks for Junior Devok Stokes before he races in the 100 meter dash. Devok placed third at Lake Station Edison during Conference.

Freshman Joseph Puskee conventrate or someon in the 20 moster hundles does wen first place in the preliminaries at East. Station Libror. This was doesy's first year in track, and he is leeking forward to joining next year.



The team stretches before they compete in the GSSC most at home. They took 4th place out of 7 teams.



A Track Snack Pack

A new conference and new opponents were the first challenge that the Lady Ingots of the track team had to overcome, but they passed with flying colors. First year coach Lauren Knust along with coach Molly Krodel went excited to coach the team this year, hoping that their experience maching track before would benefit the team as a whole. Senior Sara Mendez was chosen to he the team captain by her coath and teammales. Although the track learn was thirty nor trienibers strong last year, the team was not so fortunate this time around It didn't matter, however, because the students who did decide to join the team were hard, dedicated workers who truly belied the team out over the course of the season. Key mento is of the fearn included seniors Ashley Thews and Eliana Arocho, and Junior Peyton Hansen and Sasha Sabates. The ciris had many dominant victories this season, but also many close losses: This track season was a rebuilding year to the team because many of the members had never participated in varsity track before, so it was up to the upperclassmen of the team to teach their new teammates everything they had learned from their previous experiences. Most Valuable Player this year went to Peyton Hanson. Most Improved went to Jessica Gasaway, while Shavon Stokes received the Cynthia S. Sawyer Mental Attitude Award. The teams



Sophomore Amanda Ramos readies herself to the self-shotput. Amanda was the top theower for the girls 1.



Septemore's Kristina Carrillo and Dolia Ceja em as laas they can during a relay. Kristina and Dolia were bell members of the varsity team their freshmen years well.

Just the facts



Views y row 1 Desiree Christian, Ashley Theore, Iliama Arecho, Sun Mendiez, Nuturnida Ashner Henrison Francisco, Anni Clarice Fajordi Ashley Cimerri new 28 Ashley Nusea, Mary Edinina, Shearen Solice Peyten Humann, obester Coucseys, Finda Rahmaniso, Chatruthai The sixt, dosmitre Russis, row 3 Cacal, Melly Keedel, Sucha Sahates, He Austin, Kallyy Esteph, Arina Zemlyu, dane Esteph, Amanula Rama-Della Cisi, Kastler Corrille Corde, Luren Kussis.



Senice Askley Theose manages to lead the pump successfully during the long jump exert at one of the teams many moets. Askley participated in track all four years of high school and was a aduable mentor to the underclassmen and a terrific currence.



Mary Salinas, freshman, peopsius herself to man in a team relay against the Marquotte Blazers. Mary was a valuable running for the team this season and hopes to be a key player her remaining years of high school.



Susha Subates, sophomore, jumps over hurdles during a moet at Lowell High School. The girl's track team lost many members after last year's season, but luckily many sophomores and a few seniors came out for the team and helped flesh out the missing pieces.



girls track

Savory

The 2008 saftball sessor not off to a slow said. The pure started practicing on March 10 to prepare themselves for their first game on March 25 With only two weeks of practice before playing the South Central Sat Ilites, the Ingots were unable to bring home a win. As practices continued, the girls were able to improve on many aspects of the game Coach Rodney Thompson stated "We began the season struggling to hit the ball, but we're starting to hit better." The Lady Ingots were able to bring home their first win on April 19 against the Washington Township Senators, With three freshmen, Anna Dema, Abby Anderson, and Katie Buehler, starting on the varsity team, the ladies worked hard to overcome inexperience. As the season continued, they were able to improve on many aspects of the game and their youth became an advantage for the team. The Lady Ingots ended the season with a record of 5-19. Senior Amanda Kisner stated, "We struggled, but this was by far the best season that I ever had." At the spring sports award banquet held on Monday, June 2, freshman Anna Dema and Katie Buchler were awarded Most Valuable Player. Freshman Bethany Galigan received the Most Improved Player award, and senior Amanda Kisner was honored with the Cynthia Sawyer Mental Attitude award. The coaches and remaining players look forward to next season, and both say that all of their experiences His year will help improve them for next season.



Coach Rodney Thompson discusses the position in negatives after the game against Hammond The Lady Ingots lost 0.5



Sophomore Bethany Caligan awaits the chance to run to third base. Bethany was one of the many talented first your players to make varsity.

Just the

iacis	(1)	them	
South Central	8	9	
Bishop Noll	0	6	
Marquette Catholic	12	11	
Kouts	1	6	
Hebron	0	9	
North Newton	1	11	
Calumet	8	10	
Whiting	0	11	
Wheeler	0	24	
Lake Station Edison	9	1	
North Newton	7	11	
Washington Twp	11	9	
Bishop NoII	5	17	
Marquette Catholic	9	10	
Westville	0	12	
Calumet	5	7	
Whiting	0	6	
Wheeler	0	11	
Gary Roosevelt	13	1	
Lake Station Edison	18	2	
Hammond Clark	4	11	
Mohart	0	10	



Varsity vow 1 Ashley Richardson, Amanda Kisner, Ably Anderson, Vanessa Bravo, Ashley Bryant, Hayley Piesyk and Myzale Walker, vow 2 Coach Rodney Thompson, Amanda Pennington, Anna Dema, Katie Buehler, Desiree Walley Buthany Collison and Cooch July Delley.

Hammond Gavit



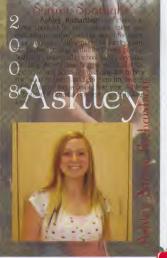
Junior Vanessa Brown practices catching fly balls before the game against the Washington Township Senators. Coaches of the Lady Ingots required all girls to work on catching fly balls at practice each day.



Junior Varsity row I: Veronica Collaze, Ashley Bryant, Maryar ret Daz and damie Bellen row 2: Manager Zachary Blackwell. Brittany Long. Desiree Walley. Coach Joe Burleson. Heather Watson and Jacquelynne Pickarski. Not pictured: Elisabeth Stojancovich.



enter Amanda Kisnee prepares for the pitch Amunda aved softball for all 4 years of her high school career. As me of the stronger players, her knowledge of the gune will to missed by her coaches and teammates.



Ball Park Ingots

In the last four deschall seasors at Riva. Boyes, there have been four different head cosches for the varsing treated bent. This years new head coach David Waddell is hoping to enable streak along with new assistant coach Mark Zimmerle. Coach Waddel has graduate and former besettail player of Chesterton High School; he is also a former of Kankakee Community College Coach Waddel had brought a busing experience with him, and attempted to share a with every member of the basefull beam one was or another. The capitains for the season were senior Nathan Parker and jump Mike Kostniski. Each of them has played on the variety team since their fireshmen years. This season's Most Valuable Boyed award, was given to senior Nathan Parker, awarded Most Improved was junior Channing Parrott. Although the team's record does not show much. The loss really learned a lot at lot the fundamenter.



Junior Mike Kosinski putches a strike to his opponent Kosinski led the team in strikeouts for the season.







Sophomore Ryan Smith pitches a change up with a reason to his opponent. Smith pitched three innings and had six strikeents during that game against Calumet.

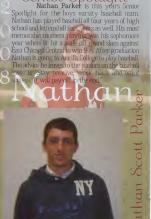


William Carrer was one of few freshmen to start on the ball being, pitched. Carrer was one of few freshmen to start on the vansity team.

Senior Spotlight



reshman Tyler Hanson awaits the pitch from his ponent. Hanson was one of few freshmen to start the varsity team this year.



Turkey Tennis

The season writed with may, are your, to replace the missing seniors from ast year. The time we have a way is sant coach, Mr. David Frupp who was a citatio coach was liver Michael Slys. The coaches were by many girl interestor in playing librais. Before the second property each alva be an with conditioning the the year. The girls had high expertion materials in a material service of the Whench the girls U ied their to the were defending the Service Service Karina Ungner (foreign colony) the ent from the value, who he seem having too. In the seed of the whether or an extra of the team to obvious augment on the Keso some Lan so and a tripley to this a lot one than in the poor. Some Karina Lore Teresa Bravo, Mikendra Jones and Junior Samantha Sendejas octed to be this season and player. Cox ((S)) a hought that the law configure A suit be better for the many accounting and the parties white in their schools habitativist hwe to a upon a many of their opportunit of a distance with legairls' le lease bear ou prome a le Lake Samu Investant The pub-Construction flexible and TW Principle and the west of shorts STORY AND THE THE PROPERTY VALUE AND THE PROPERTY BARRIES AND THE Mind forestrood award was place or funct. Alexandrea Nikolla il The Ment.



Senior Karina Lingner hits the ball back during her mail against Griffith. Karina was successful in her match



Senior Tossa Bawo serves the ball at her match Teresa and sophomore Melissa Bigott were the number one doubles team for this year.

just the

Calumet 2 3
Whiting 0 5
Hammond Morton 4 1
Wheeler 2 3
Marquette Catholic 0 5
Hammond Clark 5 0
Hammond Gavit 4 1
Lake Station Edson 5 0
Hammond Bishop Noll 4
Kankakee Valley 1 4
Hanover Central 1 4
Boone Grove 5 0
Griffith 1 4



Rois I Dunna Flaynes, Alexandra Ayuia, Melisse Bruce, Marises Young, Visian, Numer and Riephanie Medmelar, evos de Christiana Gersaales, Melissa Menchaca, Natalise Garaz, Vanesses Mendaza, Teressa Fasco, Ariel Garaz, and Samantha Serndajar, cos a SC Dasha Phasip Natrius Languer. Devanta Robinson: Meghan Dossa, Mikendra derus, Melissan Biqutt, Alexandrean Nikollay, and Ceach Mikendra Stys.



dation Stephanie Melender (1900) a serve in his mortel.

Stephanie and her partner scalaborate Allowardera Nikollaj
plaved a serve ocetiting match organis their opponents but were
defeated. The lineary was changed pastwering up Stephanic and
Alexandera as the number two devices from Due to this change
the mile had more success in their matches.



Freshman Melissa Booso attacks the net to slam the bull This was Melissa first year on the junior warsety team. Her partner was treshman Alexandra Ayala.

Senior Spotlight This year's Senior Spotlight for terms goes to

Mikentra Jones Kynni a Jeen in tennis for the years. Kynnis ass memorable moment with this season we have the win take Statur. It was also ming out

Mikertice



Mikendra Eler



Par-fait

Having a local way golfers and starting a new conference to be competitive and early a lot this year. Stated seven year coach Jason, Quigg. The team started of use season not so good but things even waily fell into place. They lost to the form a low Wolves and the Highest Prickies, but got a victory against the White One of Jose Rivers is the only returning senior, from last year. When as the his lost of the microand and junton players, coach or got graphed. As a many start dwell on who you lost and who did not come out. My food in the your lost of the many golfers we have end to get them playing solid fundamental graphs. The senior was a first one a Gary Quad Match, they have been a graph of the senior was a first one of the golfers when a first of the senior was the more experienced they will be able to go. The team for the off the senior will a free more experienced they will be able to go. The team for the off the senior will a record of 10 wins and 13 losses At the Spring Ford when the Senior Jose Rivers received the Cynthia Sawyer Mental Ahman Sawyer Mental Ahman Sawyer Mantal Ahman Sawyer Mantal Ahman Matthew Diaz was remost the Most Improved Phys.



Freshmen Scott Guel drives the ball to get the lowest possible score. This was Scott's personal best with a score of !



Senior Jose Rivera chips the ball at Indian Krilge against the Whiting Otlers Jose has participated in golf since his sophomore year.

Just the facts



Team Picture Matthew Diaz, Scott Guel, Jose Rivera, Condi-Jason Quian, Anthony Pelka, and Brandon Duffey.



Freshman Michael Jonas is shapping onto the green at Indian Rulge against city rivals Lake Station Educin Eagles. This was his first year in golf. Mike Jones led the team in scores several times thus secure. "He will be a key golfer for the years to come", stated force before Online.



Freshmen Boundon Duffey concentrates on the hole be-

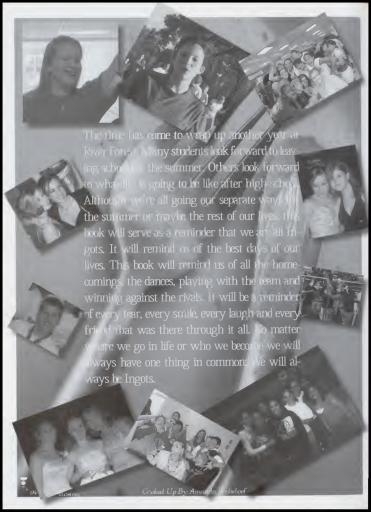


Sophermore Matthew Diaz estimates the distance so be an choose the correct club to use. This match was against the North Newton Spartans, where Matt had his best score

Sports Spotlight

This year's 2007/ 2008 Colf Sports, Spudight goes to Junior Anthony Pelka. Even drough this is TT's second year in high school golf, he's twen playing strees he was in Junior high. His mest memorable normal of the unit is season was his birdle putt on how the wind that Ridge with a final score of 27. The normal coking forward to next season, begins we will be more experienced and hopefully have a more syncesful trend?







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The 2008 Yearbook staff would like to thank the following people: Mr. Ricky Baron, Mr. Bryan Dalton, and all the individuals and companies who helped in the funding of this yearbook.

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